

Souper Season of Comfort, Winter 2001

Power Pantry

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Power Pantry: Stir-fry

Hello. Here's more fruit and vegetable news that you can really enjoy. A stir-fry is an easy way to enjoy a wide variety of flavors and get up to 3 or 4 vegetable servings per meal. Stir-frying can be a very fast and healthy cooking method, especially if you use pre-cut fresh or frozen vegetables like this frozen broccoli, pea pods, red bell peppers, green onions, canned water chestnuts, and others. Use a small amount of oil with prepared seasoned sauces. I always have several sauces ready for me in my power pantry. Use your individual creativity: Hoisin, the classic plum sauce; low sodium soy sauce; and tamari, a more full-bodied soy sauce. Lightly stir-fry in 2 teaspoons of oil, then add 2 tablespoons of sauce just before serving. It's instant pizzazz! So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Stir-Fry Tips:

1. Lightly stir fry broccoli, snow peas, and red bell pepper in a little olive oil. Add 2 tablespoons Hoisin sauce and heat through before serving.
2. ½ cup of stir-fried vegetables equals one vegetable serving.
3. To make stir-frying even easier, buy pre-cut vegetables at the grocery salad bar.